

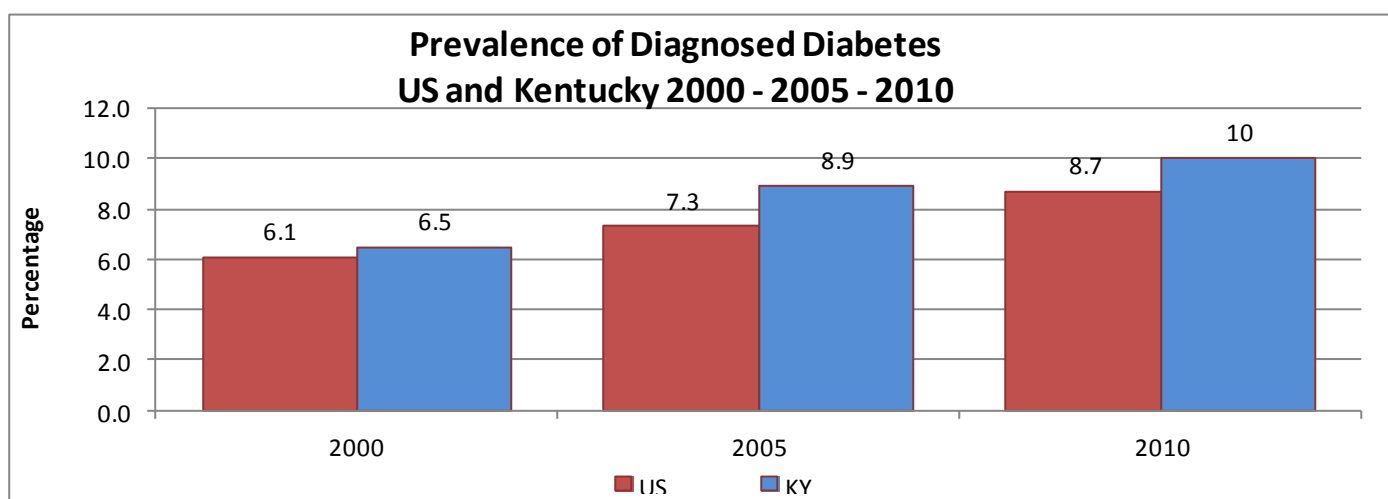
2011 Kentucky Diabetes Fact Sheet

Kentucky Diabetes Prevention and Control Program

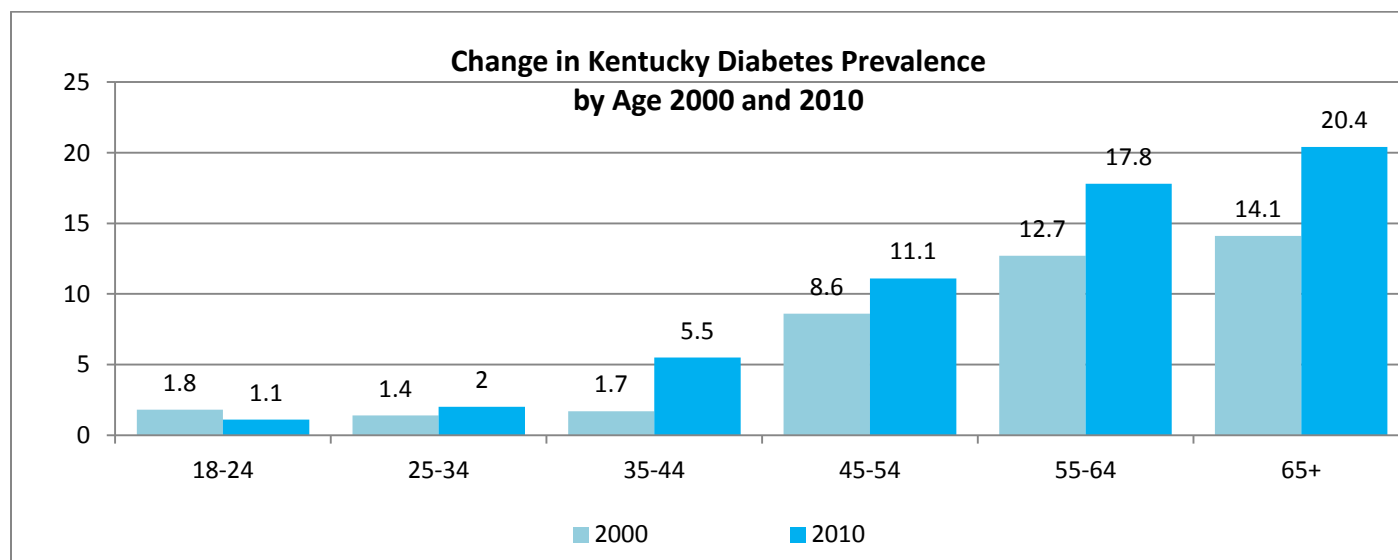
Updated November 2011

Diabetes is Common in Kentucky – and becoming more common!

- The burden of diabetes in Kentucky and in the nation is large and growing. In **2000**, only **6.5% of Kentuckians** had been diagnosed with diabetes compared to a rate of 6.1% nationwide. As of **2010**, **370,000 or 10% of Kentuckians** are estimated to have diabetes compared to 8.7% of adults nationwide.
- **Sixty-eight of Kentucky's 120 counties fall within the "diabetes belt"** with county level rates between 11% and 12.6%. Forty-eight counties just missed the cutoff for the diabetes belt designation with calculated rates of 10.9% to 10% and the remaining 4 counties had rates from 9.9% down to 9.3%.



- Diabetes is becoming more prevalent among younger adults. In **2000**, fewer than **2%** of Kentuckians aged 35-44 had been diagnosed with diabetes, but by **2010**, that number had more than tripled to a rate of **5.5%**.
- Diabetes is also becoming far more common among older adults who have traditionally experienced higher rates of diabetes. In **2000**, **14% of those 65 and older** had diabetes compared to **20% in 2010**.



Why is diabetes becoming more common?

- Many Kentuckians are at immediate risk of developing diabetes due to **high rates of obesity** (32% of Kentucky adults) and **low rates of physical activity** (30% of Kentucky adults are inactive). In addition, those with high blood pressure or high cholesterol are at an increased risk for developing diabetes. In Kentucky, **36% of adults have high blood pressure** and **42% report high cholesterol levels**. (2009 BRFSS)
- In Kentucky, about **59% of adults have been tested for diabetes** in the past 3 years. Of those, **7% have been diagnosed as having "prediabetes"**, meaning that their blood sugar levels are above normal, but not yet high enough to be considered diabetes. This translates to about **233,000** Kentuckians being diagnosed as having **prediabetes**. **Most of those with prediabetes will develop full blown diabetes** if they and their doctor do not take action to slow or halt the progression of the disease, thus contributing to the increase in diabetes prevalence.

Kentucky Rate of diabetes screening in the past 3 years							
Age	18-24	25-35	35-44	45-54	55-64	65+	Total
2010	33%	52%	56%	64%	68%	72%	59%
Kentucky Rate of Prediabetes Diagnosis							
Age	18-24	25-34	35-44	45-54	55-64	65+	Total
2010	4%	5%	5%	9%	11%	11%	7%

What are the Impacts of Diabetes?

Diabetes Leads to Serious Complications!	Diabetes is Very Costly!
<p>In 2009, 19% of all hospitalizations (114,977) were related to diabetes.</p> <ul style="list-style-type: none"> 2,567 hospitalizations for Diabetic Ketoacidosis 1,222 lower extremity amputations 8,446 hospitalized for stroke 39,332 hospitalized with ischemic heart disease 23,328 hospitalized with congestive heart failure 15,605 Emergency Room visits 	<p>The American Diabetes Association has calculated the cost of diabetes in Kentucky to be:</p> <p>Medical Cost of Diabetes: \$1,340,000,000</p> <p>Lost Productivity: \$702,500,000</p> <p>Total Cost: \$2,043,000,000</p>

How does Diabetes Care in Kentucky Measure up?

- Appropriate care from physicians and self care by people with diabetes is vital for improving the lives of people with diabetes and controlling the costs of this serious disease. Kentucky compares favorably to the US overall in key measures of diabetes care with the exception of those who have had self management education – a vital piece of the diabetes care puzzle!

Reported Rate of Diabetes Care Practices Among Adults with Diabetes, Kentucky and US (3 year averages from CDC)							
Preventive Care Practice	KY 2004	KY 2005	KY 2006	KY 2007	KY 2008	KY 2009	US 2009
1 or more MD Visits for Diabetes	92%	91%	91%	91%	90%	90%	85%
Received a Professional Foot Exam	64%	66%	66%	68%	66%	67%	67%
Annual Dilated Eye Exam	69%	70%	68%	65%	62%	61%	63%
Received 2 or more A1C's Past Year	73%	73%	73%	73%	74%	73%	69%
Received a Flu Shot Past Year	52%	50%	53%	57%	59%	58%	50%
EVER Received a Pneumonia Shot	46%	48%	49%	53%	55%	56%	43%
Performs Daily Self Foot Exam	83%	82%	82%	78%	73%	70%	61%
Daily Self Blood Glucose Monitoring	66%	67%	69%	69%	69%	69%	62%
EVER had Self Management Education	46%	48%	48%	49%	49%	49%	56%